



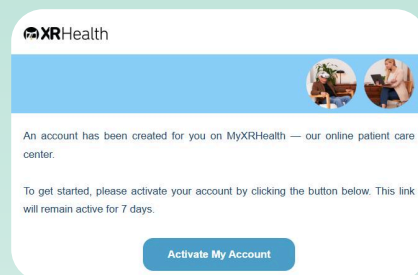
Quick Start Guide: MyXRHealth

MyXRHealth is your online personal space where you can see your progress, view reports, and access helpful tools. It works alongside your VR headset to give you a complete picture of your therapy journey.

1.

Activate your account

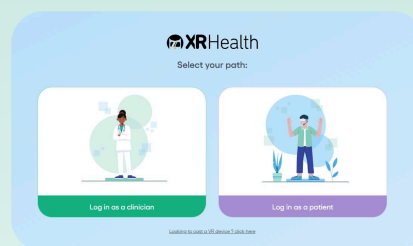
Check your email inbox for a message titled:
“Activate Your MyXRHealth Account”
Click the link and set your password



2.

Log in

Go to: <https://platform.xr.health>
Click “Log in as a Patient”, and enter your details



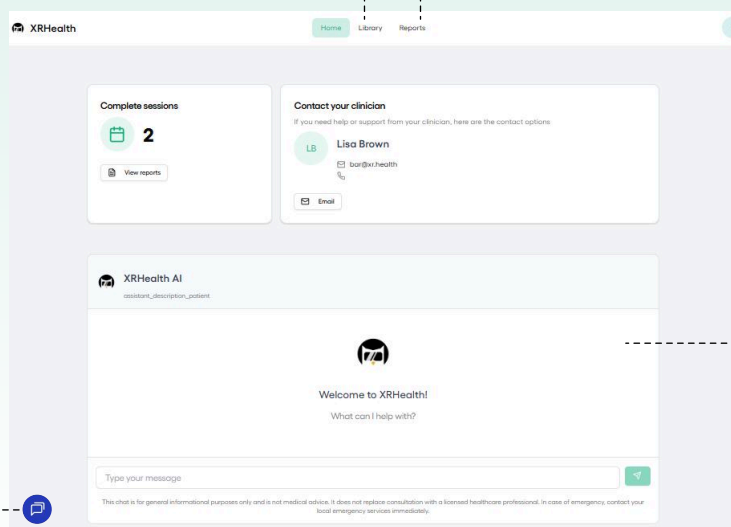
3.

Explore!

Browse relaxation videos and wellness resources to support your VR practice

View summaries and data from your VR sessions

Contact technical support for help with your VR headset or MyXRHealth



Click here and select **Help Center** to access user guides, how-to articles, and FAQs

Chat with the virtual assistant to get tips, guidance, and helpful content

Note: Session information will update here only when your headset is connected to Wi-Fi